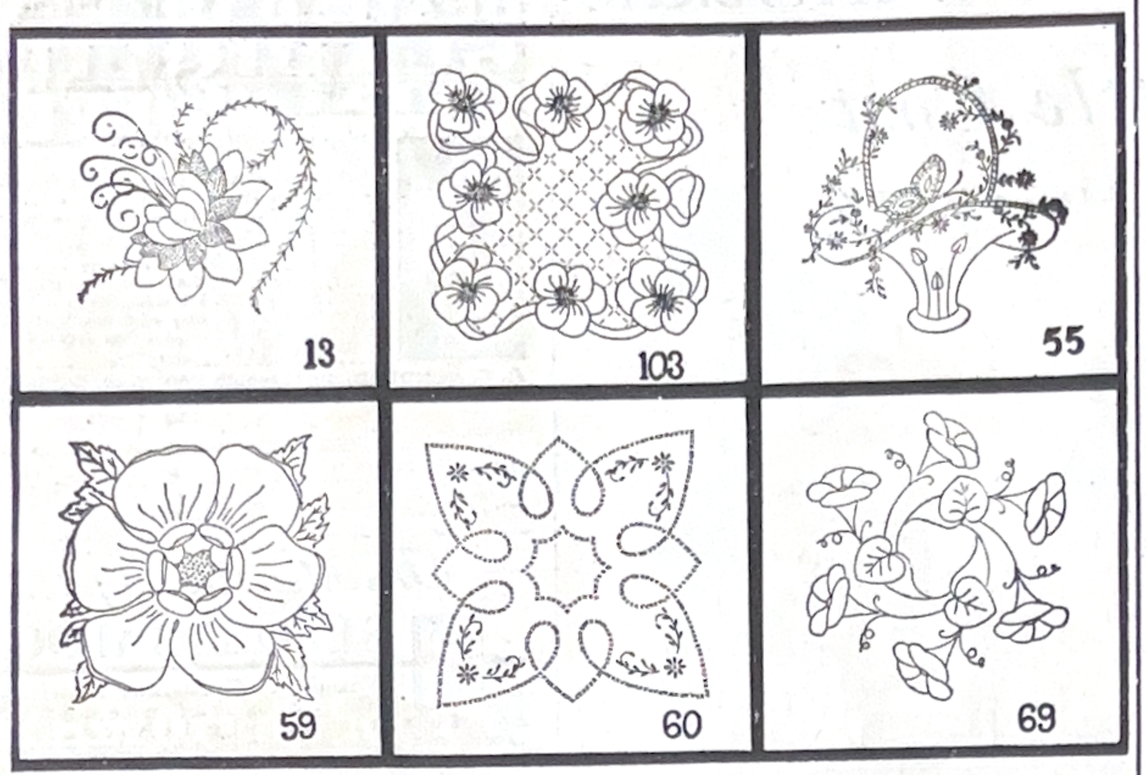
Rainbow Quilt - Blocks Now Only $1.00 Per Doz.



Order your favorite design by its number and a **dollar bill** will bring the dozen to your door.

Our latest offer of quilt-blocks **18 inches square** are stamped in plain blue on fine, soft, strong white muslin that will wear for many years. Beautiful effects in hand-embroidered quilts are obtained by using 12 blocks to complete and inserting color-strips between blocks and around the outside edge. **An instruction leaflet** is included with each dozen blocks and shows several pretty color-combinations possible with each of the above designs.

In ordering floss be sure to say whether you want to trim your quilt with pink, blue, yellow, orchid or green and we will send floss to harmonize.

No. 13N. Water-Lily Quilt-Block, **$1.00 a dozen.** Floss to embroider, **45 cents.**

No. 59N. Wild Rose Quilt-Block, **$1.00 a dozen.** Floss to embroider, **50 cents.**

No. 103N. Pansies Quilt-Block, **$1.00 a dozen.** Floss to embroider, **60 cents.**

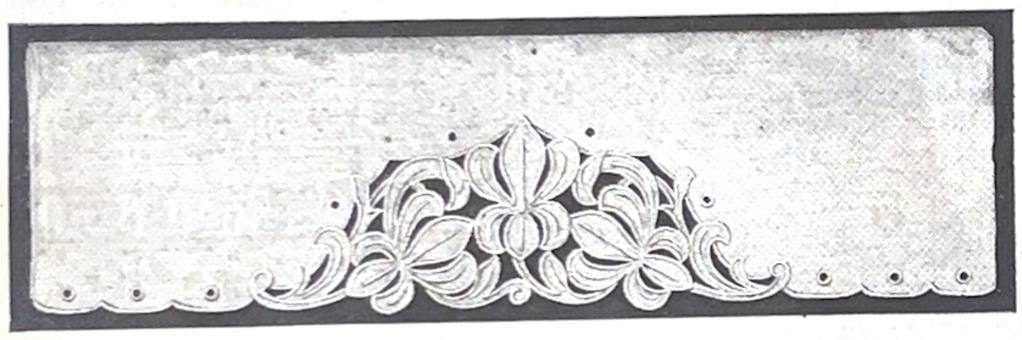
No. 60N. Cross-Stitch Quilt-Block, **$1.00 a dozen.** Floss to embroider, **40 cents.**

No. 55N. Basket Quilt-Block, **$1.00 a dozen.** Floss to embroider, **60 cents.**

No. 69N. Morning-Glory Quilt-Block, **$1.00 a dozen.** Floss to embroider, **40 cents.**

Fine everfast gingham is ideal for setting quilt-blocks together. Price per yard, **50 cents.** The instruction leaflet, mentioned above, will tell you the amount of material to order.

Send your orders to NEEDLECRAFT MAGAZINE, Augusta, Maine



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The Iris design has a charming dignity and is always in good taste. Send 75c and we will send Needlecraft two years (new or renewal) and we will send you this pair of pillow slips stamped on 42-inch pillow-tubing. Order by name and **Gift No. 4025.**

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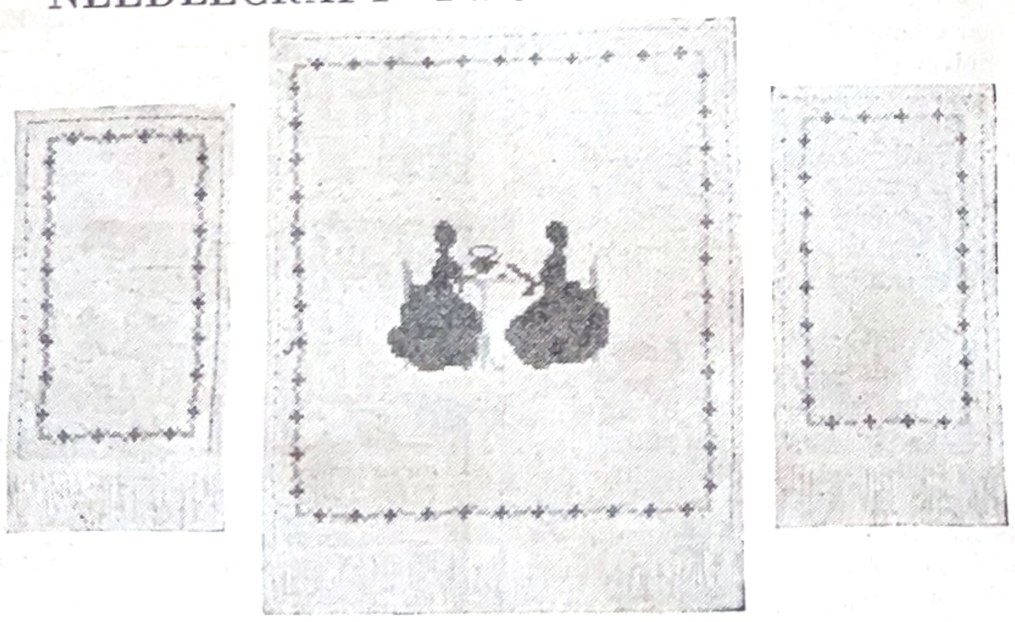

Floss to work included

OUR OFFER

Send seventy-five cents and we will send Needlecraft for two years, new or renewal, and the 3-piece chair-set described in the advertisement. **Gift No. 4019.**

The time to get a fresh chair-set is now. This is a 3-piece chair-back and arm-rest set illustrating two ladies having tea. The design, which is to be worked in cross-stitch, is stamped on a fine quality ecru-colored linen. The set is to be finished by fringing the ends. Back 12x15 inches, arm-rests 6x11 inches.

NEEDLECRAFT MAGAZINE
Augusta, Maine

Concluded from page 29

— for low masses of color in separate beds or in small borders, for which purpose plants of medium height which flower profusely over a long season will be best; or for the background of the annual or the perennial border, thus enhancing the beauty of lower-growing flowers in front of them; or for screening from view unsightly objects, for which purposes tall plants prized either for the beauty of their flowers or for the density of their foliage should be selected; low borders or "edging" along the front of flower-beds or bordering walks, the ideal plants for which purpose will be those of low, compact growth; "fillers" for the garden of perennials — annuals which will make a fine showing either as individual plants or in groups; flowers particularly adapted to cutting, so that there may always be an abundance of blooms for the house; plants especially adapted for use in the rock garden — kinds not only low growing but of the peculiar "character" which associates itself naturally with rock work, dwarf, compact, tufted or trailing plants which do not grow too rampantly, and those with foliage which makes them especially adapted to this use.

FOR a sheet of color close to the ground nothing is more satisfactory than Phlox Drummondi, sometimes known as "Texan Pride"; there is the well-known Grandiflora type, available in many colors, which makes plants about a foot tall, but the new dwarf annual phlox grows only about half this height, making a veritable carpet of brilliant hues; it is excellent for sowing among other plants, such as rose bushes, or to follow spring bulbs. Another excellent annual for low beds of bright color is the verbena. Not only has the old giant type been improved until the individual flowers are nearly twice the size they used to be, but there is now a dwarf, close growing type, known as Compacta, which attains a height of only six inches or so.

AMONG the larkspurs, the "Double Stock Flowered" type, attaining a height of three feet or more, has now been surpassed by the "Giant Imperial" strain, more upright growing, branching and taller — Blue Spire, White Spire, Exquisite Rose and Miss California, deep salmon rose, are some of the leading varieties in the new type. Cosmos is another splendid background plant desirable not only for its beautiful flowers but for its finely cut decorative foliage. Some of the older kinds, such as the beautiful Lady Lenox, should be used in addition to the new sorts to provide flowers up until frost. The annual lupin — as easily grown as beans or peas, to which they are related — have never been really appreciated in this country. In addition to the original blue the new hybrids may be had in light blue, rose, and white. Incidentally they are one of the few free-flowering annuals which will do well in partial shade. Among the snapdragons, the new Super-giant, or Maximum type, attain a height of three feet and yield a constant supply of their beautiful long spikes.

FOUR annuals which will serve excellently as a screen or temporary hedge, and at the same time are very beautiful in themselves, are castor-oil bean, sunflower, flowering tobacco, and spider plant.

The castor-oil bean is quite tender and should not be planted out-of-doors until after all danger of frost. While old-fashioned Giant Yellow Sunflowers are known to everyone, it is remarkable how few gardeners are familiar with the smaller-flowered but more densely branching type (listed in the catalogs as Helianthus); the new red hybrids are especially attractive. The original flowering tobacco (Nicotiana) has white flowers, but the new hybrids come in a wide range of colors, through shades of pink and rose, and are delightfully sweet-scented. The Giant Spider Plant (Cleome) has attractive foliage and loose heads of bright rose flowers.

FOR edging beds, or walks or drives, we want plants just the opposite of those described above — low-growing things which will occupy but little space.

No border plant is more popular than Sweet Alyssum. The common sort is trailing in habit and considerably in the way of the lawn mower, where used next to grass that is kept cut; under such conditions a dwarf compact sort, such as Tom Thumb or Little Gem is preferable. The new Ageratum Blue Ball has the same advantage. The two used together make a charming combination of white and blue. More dainty than either are the Lobelias, with their incomparable sky-blue flowers, the trailing varieties of which are ideal for porch boxes or hanging baskets, but not so good for edging as the dwarfer sorts, Blue Emperor and Compacta (Crystal Palace). For low but upright growing plants which flower continuously the Dwarf Marigolds and Dwarf Zinnias are unbeatable. For a hot, dry exposed location use Portulaca.

SEVERAL new types of zinnias have appeared. The most popular of these, perhaps, are the Giant Dahlia-flowered, though even these are now surpassed by the California Giants. The lovely soft pastel shades now available harmonize with each other and with other flowers perfectly. The annual Gaillardias — first cousins to the popular perennials — have been given new interest with the introduction of the new variety Indian Chief, red with a darker center; like the hardy kind they continue to flower until most of the other perennials and annuals have ceased. The old favorite "Pincushion Flower," (Scabiosa) has been greatly improved in both size and coloring; the new variety Loveliness, soft salmon rose, brings us a new and altogether charming shade, for both the garden and for cutting. Another old favorite, gillyflowers or stocks, have been greatly improved in the new Early Giant Imperial.

WHILE the greater number of the annuals which have been mentioned are excellent for cutting, particularly those suggested in the preceding paragraph, at least a small planting should be made especially for this purpose. Among these, "Sunshine" Asters, developed in California, deserve special mention; the semi-double flowers are of soft pastel shades, the plants being of vigorous growth; the new Giant Double Carnation, introduced by the famous French hybridizer Chabaud, has flowers almost as fine as those of the greenhouse varieties. The Blue-lace Flower, though no longer new, is still unknown to many home gardeners; its dainty flowers shaped somewhat like those of Queen Anne's Lace are of a delicate, pale lavender, and are produced continuously in the greatest profusion. Coreopsis, while hardy, flowers the first season from seed and has long been deservedly one of the most popular of all flowers for cutting; the new double form adds greatly to its value. Where other flowers are used for cutting, sprays of the airily dainty Baby's Breath (Gypsophila) will be wanted with them; Paris Market (*Alba grandiflora*) is the best of the white flowering varieties, but use also some of the pink; several plantings should be made at intervals of a month or so as their season of bloom is comparatively short.

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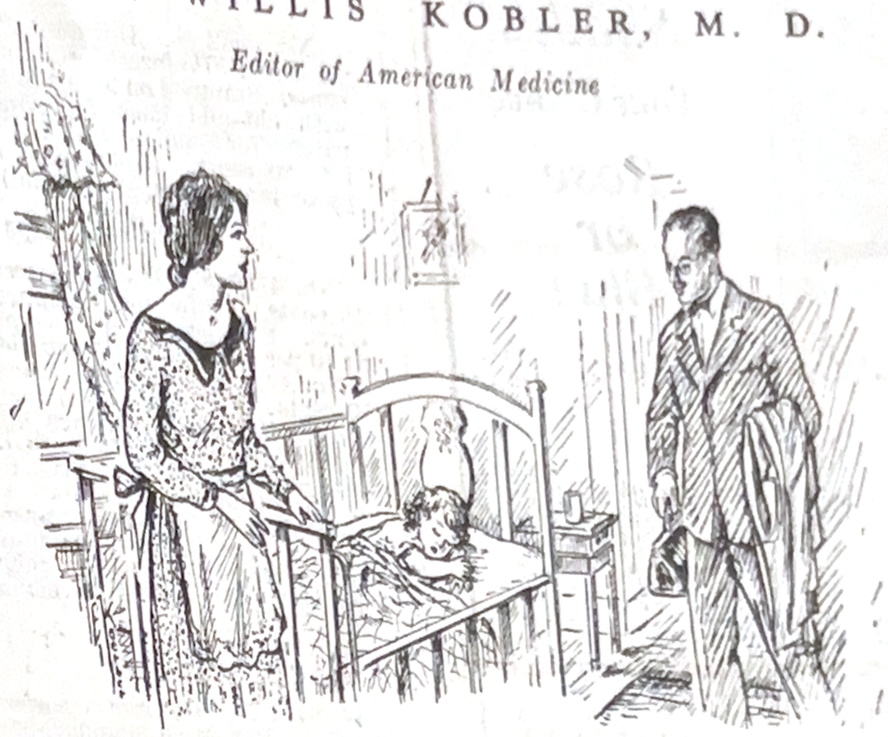
Don't Give the Baby Medicine Until--?

BY E. WILLIS KOBLER, M. D.

Editor of American Medicine



IT takes considerable time and effort upon the part of the parents to get the baby, or young child, correctly started off on the proper road to physical and mental well-being. It must be remembered that these little people, arriving as total strangers with entirely new bodies and individual make-ups, are suddenly placed in very unfamiliar surroundings and so, careful and painstaking adjustment of their lives in relation to their environment, must be made for them. Everything concerning the individual infant's welfare must be studied, watched and regulated.

In previous articles a number of important points along these lines were mentioned and, as a rule, when these are followed the child progresses naturally toward good health and sufficient development. A baby is usually normally healthy and well at birth and our efforts are to be directed toward keeping him so. We have learned many things about illness and disease, and today the object of our care and supervision of the child is to prevent these rather than attempt cures after they occur.

Notwithstanding, however, the usual good care given, certain things will happen and upsets are bound to take place. Illness must be watched for; signs or symptoms of some trouble often appear very suddenly and these may be slight or of a more pronounced nature. In any case it is safe to say that mother, or the careful nurse, will be quick to note any change in the usual activities, appearance or general health of the child.

AS already pointed out, each child is different as to its physical make-up. One has a stronger body and better resistance to illness than another. For example, there is the one with a more or less pronounced "nervous" temperament; he is high-strung, over-sensitive and over-active and responds very readily to any and all surrounding conditions. Such a child is frequently somewhat below weight and general bodily development and is, perhaps, more susceptible to upsets or definite illness.

Then, there is the opposite type of child; the one who is naturally of calm, even disposition and temperament and who does not so strongly react to outside influences. With correct care he goes on in healthy growth and with a normal resistance which gradually increases, and so does not as often become ill.

As to illness and disease it is to be remembered that there are conditions of a general, or constitutional, nature which may be present at birth or show soon after and which may become chronic, or prolonged; and, then, there are the acute illnesses and the well-known diseases of childhood — including the contagious affections.

ANY sign or indication as to change in the physical state of the child calls for immediate investigation and care. Among the symptoms showing an indisposition, or illness, which are most frequent are restlessness, irritability, drowsiness, vomiting, diarrhea, constipation, disturbed sleep, loss of appetite, fever, excessive perspiration, expression of pain, unusual cry, etc. — and there is generally, a noticeable lack of interest in surroundings. Fever, or rise in body temperature, occurs very quickly in children even with the slightest disturbance and may be of short duration or persistent; it is more marked during the latter part of the day.

It is good general procedure in any case wherein a child shows signs of not being himself and has any of the symptoms mentioned, to at once stop the regular feeding and give small amounts of cooled, boiled water, at intervals, and sponge the body with tepid water — especially if fever seems to be present or if he is restless and irritable; put him in his own bed in a properly ventilated and not over-heated room, keep him quiet, then have your physician see him at once.

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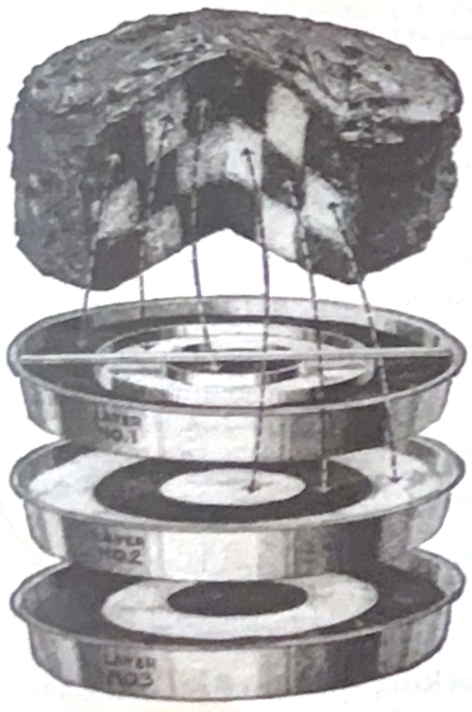

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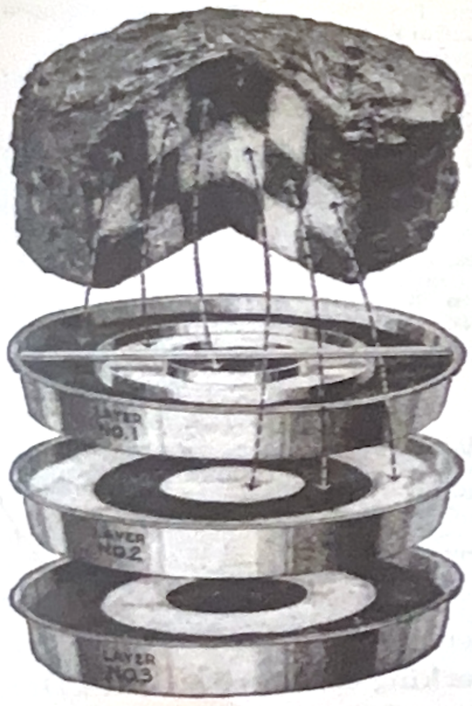

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Don't Give the Baby Medicine Until--?

BY E. WILLIS KOBLER, M. D.

Editor of American Medicine

IT takes considerable time and effort upon the part of the parents to get the baby, or young child, correctly started off on the proper road to physical and mental well-being. It must be remembered that these little people, arriving as total strangers with entirely new bodies and individual make-ups, are suddenly placed in very unfamiliar surroundings and so, careful and painstaking adjustment of their lives in relation to their environment, must be made for them. Everything concerning the individual infant's welfare must be studied, watched and regulated.

In previous articles a number of important points along these lines were mentioned and, as a rule, when these are followed the child progresses naturally toward good health and sufficient development. A baby is usually normally healthy and well at birth and our efforts are to be directed toward keeping him so. We have learned many things about illness and disease, and today the object of our care and supervision of the child is to prevent these rather than attempt cures after they occur.

Notwithstanding, however, the usual good care given, certain things will happen and upsets are bound to take place. Illness must be watched for; signs or symptoms of some trouble often appear very suddenly and these may be slight or of a more pronounced nature. In any case it is safe to say that mother, or the careful nurse, will be quick to note any change in the usual activities, appearance or general health of the child.

AS already pointed out, each child is different as to its physical make-up. One has a stronger body and better resistance to illness than another. For example, there is the one with a more or less pronounced "nervous" temperament; he is high-strung, over-sensitive and over-active and responds very readily to any and all surrounding conditions. Such a child is frequently somewhat below weight and general bodily development and is, perhaps, more susceptible to upsets or definite illness.

Then, there is the opposite type of child; the one who is naturally of calm, even disposition and temperament and who does not so strongly react to outside influences. With correct care he goes on in healthy growth and with a normal resistance which gradually increases, and so does not as often become ill.

As to illness and disease it is to be remembered that there are conditions of a general, or constitutional, nature which may be present at birth or show soon after and which may become chronic, or prolonged; and, then, there are the acute illnesses and the well-known diseases of childhood — including the contagious affections.

ANY sign or indication as to change in the physical state of the child calls for immediate investigation and care. Among the symptoms showing an indisposition, or illness, which are most frequent are restlessness, irritability, drowsiness, vomiting, diarrhea, constipation, disturbed sleep, loss of appetite, fever, excessive perspiration, expression of pain, unusual cry, etc. — and there is generally, a noticeable lack of interest in surroundings. Fever, or rise in body temperature, occurs very quickly in children even with the slightest disturbance and may be of short duration or persistent; it is more marked during the latter part of the day.

It is good general procedure in any case wherein a child shows signs of not being himself and has any of the symptoms mentioned, to at once stop the regular feeding and give small amounts of cooled, boiled water, at intervals, and sponge the body with tepid water — especially if fever seems to be present or if he is restless and irritable; put him in his own bed in a properly ventilated and not over-heated room, keep him quiet, then have your physician see him at once.

PERHAPS the most frequent cause of illness in the young child is the food. This may be of the right kind but improperly prepared or used in incorrect amounts; it may be absolutely the wrong kind as required by the individual child; and, then, the method of feeding may be at fault. Young children, as a rule, should be well and healthy, and illness shows, in a number of instances, that something has gone wrong in their care and supervision.

And now, perhaps the most important thing of all to be remembered when baby shows signs of probable illness is that of giving no medicine, or "remedy" — no matter what grandmother or the kind neighbor advises — until your physician looks the case over, instructs and prescribes.

Just one thing more. Even though baby is apparently well and healthy it is most essential that he be taken on regular visits to the physician for examination and he will give you special advice and instruction; the frequency of such visits depends upon the child's condition and progress and is determined by the medical advisor.

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